



# Learning in Fitness and Education through Sports (LiFEsports)

## Purpose

The LiFEsports Initiative aims: “to enhance the quality of youth development, sport, and recreational programs through service and outreach, teaching and learning, and research, thereby increasing positive developmental outcomes for youth.”

## Impact

In 2014-2015, over 650 youth engaged in the four-week LiFEsports Summer Camp and nearly 300 youth participated in a LiFEsports. Youth who participated in our Summer Camp reported improved social skills and sport competence.

Through employment opportunities, internships, volunteering experiences, or academic coursework, approximately 290 OSU students from 14 different academic departments participated in LiFEsports. Additionally, nearly 50 student-athletes also participated in various aspects of the program.

The LiFEsports program model was presented at international, national, and regional conferences, such as the National School Mental Health Conference, the Society on Social Work Research, and the Ohio SHAPE Conference. Additionally, research on LiFEsports was published in books and journals such as the Journal of Sports Management.

## Ohio State Colleges/Units Involved

College of Social Work  
Department of Athletics  
Department of Recreational Sports  
Office of Outreach and Engagement  
College of Education and Human Ecology, Department of Human Services  
College of Food, Agricultural, and Environmental Sciences  
College of Nursing  
College of Dentistry  
College of Arts and Sciences  
College of Optometry  
Undergraduate Admission and First Year Experience  
Office of Student Life  
P-12 Project  
Facilities Operations and Development  
Dining Services

## Community Partners Involved

Illinois State University  
Michigan State University  
After School All-Stars Ohio  
All THAT  
Boys and Girls Club of Columbus  
Columbus City Schools  
I Know I Can  
Local Matters  
Mid-Ohio Food Bank  
Ohio Child Care Resource and Referral Association (OCCRA)  
Youth to Youth International  
Cardinal Health  
Columbus Crew  
Greater Columbus Arts Council  
Huntington National Bank  
Ortho Neuro  
Pitney Bowes Presort Services  
ADAMH Board of Franklin County  
Ohio Department of Education

## How you can get involved:

- Volunteer at year-around LiFEsports Clinics
- Volunteer at the LiFEsports Games at our Summer Camp

## To get involved, contact:

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**LiFE**sports™

at The Ohio State University®